



MESSAGE FROM MAYOR

Greetings Residents,

Town of Forest Heights
Volunteer to remove trash from the Oxon Run!!

We Need ... YOUR HELP!

STREAM CLEANUPS BEGIN

APRIL 30TH

Forest Heights Municipal Building

5508 Arapahoe Drive

Forest Heights, MD 20745

AT 9AM-12NOON

Own Goal is to reach 100 volunteers

Come out and Help us Achieve our Goal

"TOMORROW WILL BELONG TO THE COMMUNITY WHICH ANTICIPATES AND PREPARES FOR CHANGE"

REMEMBER APRIL 25-30, 2016 IS FOREST HEIGHTS CLEAN-UP WEEK.
DUMPSTER USAGE MONDAY, APRIL 25TH UNTIL SATURDAY, APRIL 30TH
8:00 A.M. –4:00 P.M. AT TOWN HALL.

FREE SHREDDING DAY

When: April 23, 2016 Time: 9am-12pm

Where: Forest Heights Municipal Building
5508 Arapahoe Drive Forest Heights, MD 20745



NORTH HURON AND CONSTANT YIELD TAX HEARING

APRIL 20, 2016 7:00 P.M.

Inside this issue:

Message from the Mayor Office	1
Business Section	2
Town Community Information	3

MUNICIPAL ELECTION NOTICE

TOWN COUNCILPERSON IN WARDS, I, II & III

Ward I,
C. Lynn Smith-Barnes

Ward II,
Jonathon Kennedy II

Ward III,
Brian McLaurin

Congratulations to the Winner!

We would like to thank you for coming out and casting your vote!

Primary and General Election Important Dates

2016 Primary Election April 26, 2016 7:00a.m.-8:00p.m.

Early Voting April 14, 2016 to April 21, 2016 10:00a.m. to 8:00p.m.

Usted puede votar a su conveniencia

Votacion Anticipada 14 de abril, 2016 hasta el 21 de Abril, 2016

8:00a.m. A 8:00p.m.

Important Changes for 2016



New Voting Equipment:

For the 2016 election cycle, Maryland will use a new voting system. For Election Day, most voters will mark their selections by hand onto a paper ballot. In addition, voters with disabilities will have access to a **Ballot Marking Device (BMD)** to provide an accessible voting option.

Scanning Unit:

Scanning Units consist of a Ballot Scanner and compartments where voted ballots are securely deposited.

Ballot Scanner:

The Ballot Scanner is securely fastened to the top of the Scanning unit. The Ballot Scanner tabulates ballots marked by hand or marked by a voter using the Ballot Marking Device. Once a voters' ballot is inserted into the Ballot Scanner, and it is neither blank nor over voted, the Ballot Scanner tallies the voter's selection(s). Voted ballots are automatically stored securely inside the Main Ballot Box beneath the Ballot Scanner.

Message from Town Administrator

If you need a second automated Trash Bin, Call Vern Haefe, Town Administrator. 301-839-1030.

The Town will again be participating in the County Mosquito Spraying Program which is done late at night. Please make sure you have no water standing, i.e. buckets, Pans Rain gutters, Jars, etc. Forest Heights has a lot of tiger Mosquitoes and they are very aggressive. They are known to follow you into the house or your car. The Mosquito program will be coordinated by Ricardo Smith, Town Code Enforcement Officer.

Please remember all Yard Waste must be placed in paper bags, or the Town contractor will not pick it up.

Remember Our Annual Celebration "Forest Heights Day" is coming up in August. Last year was a record attendance, so let's set a new record in 2016.

Bulk Trash is picked up on Thursday, the LIMIT IS THREE ITEMS PER HOUSEHOLD. Furniture, Wooden Tables and Chairs, etc. Metal Items will not be picked up i.e. stoves, refrigerators, hot water heaters, freezers, washers, dryers, etc. If you need help with old appliances, contact Vern Haefe, Town Administrator.

National League of Cities Water/Sewer Line warranty program will be accepting registrations in mid May. The program has been accepted by a number of residents over the past three years. Last year 106 residents signed up for the sewer line warranty and 71 residents signed up for the Water Line warranty. The cost for the program is the same as last year. The Sewer Line warranty cost \$90.40 per year and the water line warranty cost is \$66.40 per yr. Contact Vern Haefe Town Administrator if you have questions.

Town Community News

Forest Heights Green Team



Are you interested in saving our planet, helping the Oxon Run or reducing your carbon footprint? If so, join us and be part of our Forest Heights Green Team. All are welcome!

April 28, 2016 at 6:00 p.m.

Hosted by Ms. Bonita Anderson

ARBOR DAY-FRIDAY, APRIL 29, 2016

Mayor Jacqueline Goodall, encourages the residents of Forest Heights to celebrate Arbor Day on Friday, April 29, 2016 to support efforts to protect our trees and woodlands.

The Town encourages all residents to plant and care for trees to gladden the heart and promote the well-being of this and future generations.



Forest Heights Community Garden

The Town of Forest Heights will have one location available for a Community Gardens on South Huron Drive on a first come basis. The gardens has 28 plots available for individuals, families, and community groups. This is ideal for those residents who may lack their own garden space.

Gardening for Better Health

Reserve your plot today!

If you are interested, please contact the Town Clerk at 301-839-1030



Maryland Resident Tax Return 2015 - Form 502



A major source of revenue that the Town receives each year is the Town's share of income taxes, which each resident pays to the State of Maryland. Remember to write Town of Forest Heights in the box marked city, town or taxing area. If you use a tax form online, please type TOWN OF FOREST HEIGHTS in the box (there are not enough spaces for the complete spelling). This will ensure that a portion of your tax dollars will return to the Town so that the Town can continue to provide exceptional municipal services. Do not assume that people at the state level understand the different municipalities that share the 20745 zip code. Thank You from the Forest Heights Family.

Thank You for Signing up. We had over 31 people to sign up for the **Weatherization Assistance Program.**

Reminder Water Line Warranty Program Available through the National League of Cities (NLC) and administered by Service Line Warranties of America (SLWA). The SLWA Water/Sewer Line Warranty Program covers the



costs of repairs needed on your outside, buried water line for a small monthly fee, ensuring your line is free flowing and functioning. If you should need a repair, simply call SLWA's 24-hour hotline. Repair costs are covered up to \$4,000 per incident, with an additional \$500 allowance for public sidewalk repair, if needed. If you need more information, Contact Vern Haefele Town Administrator if you have questions.

AN OPEN LETTER TO THE VETERANS OF FOREST HEIGHTS REGARDING YOUR VETERANS ADMINISTRATION BURIAL BENEFITS

By: Zack Kinney, Major, USAF, Retired and a Forest Heights Vet

Most military veterans that I know believe that the Department of Veteran Affairs will pay for their burial costs when they die no questions asked. Many, also believe that the VA will allow them to be buried in the Arlington National Cemetery or in any National Veteran Memorial Cemetery they desire simply because they served in the US Military. There are many myths about VA Burial Benefits and millions of dollars that go unclaimed in veteran burial benefits and many veterans end up paying a lot of unnecessary money to get buried.

The SCI-Dignity Memorial (SDM) company in conjunction with Fort Lincoln and Harmony National Cemeteries has created a free Veterans Planning Guide (VPG) to help veterans learn what their VA Veteran Burial Benefits are and how to apply for them. If you are interested in knowing what your VA veteran burial benefits contact Zack Kinney @ 240-605-8996; or at Fort Lincoln Cemetery 301-887-4930 to get information.



Notice: Forest Heights

Residents

As of May 1, 2016 **YARD WASTE** will be picked up on **MONDAY**

Town Community News (continued)

The Town of Forest Heights also known as *Jewel on the Potomac* has thrown its hat in the ring for *Grass Roots Revitalization Contest sponsored by Shark Tank's Robert Herjavec and Deluxe Corporation. OUR VOTE IS WHAT WILL PUT US IN THE WIN COLUMN.*

More information on the back of the Calendar in the Newsletter



Remember a Friend. On Friday, March 11, 2016 Lee Deal, a long time resident of Forest Heights, passed away. Lee was a stately gentleman and known in the town as the go to master plumber. Lee was a WWII Navy Veteran, a member of Forest Height Baptists Church. He was born in Richmond VA, July 21,

1927. He will be missed by our community.

Ward III Residents!

Ward III Council Members invite all to come out to talk, ask questions, make suggestions, and discuss Town issues. We will attempt to answer your questions, and if we don't have an answer, we'll find out. Come out to the Town Hall to meet your neighbors. April 17, at 2:00 p.m.

Council members Habeeb-Ullah Muhammad and Brian McLaurin

"Light Refreshments will be served"

To family and friend of the Town of Forest Heights. It is officially Spring and along with Spring is the rainy season. Along with the rain comes mosquitoes. Most recently the CDC has emphasized the Zika Virus. The Zika Virus is primarily carried by mosquitoes. However, there are other methods of contracting the virus Listed below is additional information to help with the prevention and safety of you and your family.

Transmission Risk

- Mosquito Bites
- From Mother to Child
- Through Sexual Contact
- Through Blood Transfusion

Prevention

- No vaccine exist to prevent Zika Virus
- Wear long sleeve shirts and long pants
- Use a condom
- Use insect repellant (do not use repellant on babies younger than 2 months of age)



Please contact Code Enforcement or Town Administration for dates and times of insecticide spray and other questions concerning this matter.

*For more information on the Zika Virus visit www.cdc.gov/zika/prevention/index.html

What else should I know about the risk of insect bites?

Most bites can be treated with an antihistamine and over-the counter ointment for itching or burning. This chart will help you learn how to recognize some of the common bites or stings.

People should seek immediate medical care if they have difficulties breathing or the symptoms do not improve within a couple of days.

If you would like to learn more April 14, 2016 10-12 call 301-422-5080 to get on the list to attend the Meeting.

Thanks *Code Enforcement Officer Rick Smith*

Insect	Bite Appearance	Risk of Disease	Symptoms of Disease
Mosquitoes	Large, round pink bumps that can be very itchy	West Nile virus	West Nile can cause flu-like symptoms including headaches, fever, nausea and joint-stiffness
Ticks	Red bump resembling a bull's-eye	Lyme disease	Fever, headaches and fatigue
	Rash of flat, non-itchy spots	Rocky Mountain fever	Fever, headache, nausea, pain or red eyes
Bees and Wasps	Red bumps with a white ring around it	Allergic reaction	Rapid swelling around face or throat, dizziness, difficulty breathing, rash or hives, nausea or loss of consciousness

Town Community News (continued)



SATURDAY THEATER SPRING CAMP

SPONSORED BY:

Forest Heights, Southern Maryland Youth Theater Committee

**Forest Heights Municipal Building
5508 Arapahoe Drive, Forest Heights MD 20745**

COST FREE

Grades 4, 5 and 6

WHEN

Week 1—March 26, 2016

Week 2—April 02, 2016

Week 3—April 09, 2016

Week 4—April 16, 2016

Week 5—April 23, 2016

Week 6—April 30, 2016

Week 7—May 07, 2016

Week 8—May 14, 2016

Showtime! 1:30 p.m. to 3:30 p.m.

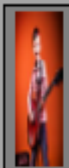


WHERE

Forest Heights Municipal Building
5508 Arapahoe Drive, Forest Heights Maryland 20745

Acting/Music Theater Camp! Come join us on an exciting adventure into the world of theater and musical theater. We will spend our day learning vocal training, stage directing with and acting breakout session.

FREE! Presentations to area residents on Saturday May 21, and Sunday May 22, 2016 7:30p.m...



Parents or Guardian approve of this program for their child to participate in and agree to release and hold the Town harmless for any injuries or death that may occur to the participant while participating in this program.

Signature _____ Student Name _____
School _____ Grade _____ Home No. _____ Cell _____

also you agree that any photographs taken of your child while engaged in program activity are the property of the Town of Forest Heights and your consent to same.

Elementary School Includes

Forest Heights Elementary School, Flintstone Elementary School, Glens Manor Elementary School and Valley View Elementary School



Prince George's County Public Schools is not sponsoring, endorsing, or recommending the activities announced in this material/flyer.



IS YOUR CHILD FREE ON SATURDAYS?
FOREST HEIGHTS HAS A CHEER & DANCE PROGRAM
"LIMITLESS ALL STARZ"
EVERY SATURDAY
10:30-1:00 PM
AGES 8 YRS TO 18 YRS
Call Coach Nikkei
301-404 6772

Senator Paul G. Pinsky's Scholarship

Who may Apply: Current high school seniors, full-time and part-time degree-seeking undergraduate and graduate students who live in the 22nd Legislative District.

How to Apply: the application is available online at senatorpinsky.org Complete and file the Free Application for Federal Student Aid (FAFSA) in addition to Senator Paul G. Pinsky's scholarship application.

Award Criteria: Selection is based on academic achievement, financial need, and commitment to higher education. The minimum annual award amount is \$500 and the maximum award is \$2500.

Renewing and Award: If you received an award from Senator Pinsky during a previous academic year, your award will be renewed automatically as long as you maintain satisfactory academic progress.

Questions: 301-858-3155 or paul.pinsky@senate.state.md.us

NOW HIRING....

New **Dave & Buster's** on Ritchie Station Development go to www.daveandbusters.com

National Harbor AC Hotel, Alex & Ani, Bobby McKey's Dueling Piano Bar, Capital Teas, The Capital Wheel, Car Hartt, Chipotle Mexican Grill, Gaylord National Local Motors, Marbles the Brain Store, McCormick & Schmick's, McDonalds, McLoone's Pier House, Nando's Peri-Peri, Peeps & Company, Potbelly Sandwich Shop, Redstone American Grill, South Moon Under, Succotash, Upper Cuts Salon & Spa, Wyndham.



Notice: Forest Heights Residents

As of May 1, 2016 **YARD WASTE** will be picked up on **MONDAY**

Trusted, Comfortable & Caring Dentistry

**NOW
ACCEPTING
NEW PATIENTS**
NO OUT-OF-POCKET
COST FOR MOST
INSURED PATIENTS!

\$99

Cleaning, Polishing, Exam & X-Rays

For uninsured patients. Regular value of \$339. Offer does not include periodontal (gum) therapy. Offer good for new & returning patients who have not been seen in the last 24 months. One-time offer.

FREE

ORAL CANCER SCREENING with all cleaning appointments with Betsy, our FANTASTIC Registered Dental Hygienist who has over 30 years of experience!

DON'T FORGET!

Summer is the perfect time
to schedule your
children's appointments.

DON'T HIDE YOUR SMILE! GO WIRELESS!



invisalign®

The Clear Alternative to Braces

Get the **beautiful smile** you've always
wanted without the metal-mouth!

Cieplak
DENTAL
Excellence

Personalized & Comfortable

Expanded Weekday Hours!

6265 Crain Hwy, La Plata
301-609-9999

5722 Livingston Road, Oxon Hill
301-839-8888

www.PatCieplakDDS.com

196078

Town Community News (continued)

The Forest Heights Healthy Living Program
invites you to a health seminar on:
Promoting Healthy Eyes



Monday, April 21, 2016 @1-2 PM
Forest Heights Municipal Building
5508 Arapahoe Drive
Forest Heights, MD 20745

For information contact Mrs. Turner at 202-330-3043 or
email Turnerkchar@aol.com

Are you doing all you can for
your Health?



Seniors Exercise Classes
Monday and Wednesday,
Class Begins at 12:00 noon

The Forest Heights Healthy Living:
The Forest Heights Seniors'
Recreation Club Presents



Thursday, April 11, 2016 @ 1-2pm
Forest Heights Municipal Building
5508 Arapahoe Drive

SOCIAL SERVICES ASSISTANCE

For questions about food supplement program or medical assistance you may contact the Prince George's County Social Services Department at 301-209-5000.

News Release from the National League of Cities

Town of Forest Heights Awarded Medal(s)

Recognizing Achievements in Preventing

Childhood Obesity through *Let's Move!* Cities, Towns and Counties

Forest Heights, Maryland – The National League of Cities (NLC) recognized Mayor Jacqueline Goodall for recent completion of key health and wellness goals for *Let's Move!* Cities, Towns and Counties (LMCTC). LMCTC is a major component of First Lady Michelle Obama's comprehensive *Let's Move!* initiative to ensure that kids can grow up healthy. LMCTC works closely with local elected officials nationwide to adopt policies that improve access to healthy affordable food and opportunities for physical activity for their constituents across five goal areas.

"Thanks to your dedication to the health and wellness of your community, Forest Heights is part of a nationwide movement that supports health in cities, towns and counties across the United States," said National League of Cities President Melodee Colbert-Kean, councilmember and former mayor, Joplin, Mo. "By improving access to healthy foods and creating opportunities for physical fitness, you are helping to create a healthier future for our nation's children."

Five gold medals were awarded to Forest Heights for action taken to improve access to healthy affordable food and increase opportunities for physical activity. These medals were awarded because of Forest Heights's achievements in each actionable goal to which they commit to as part of the initiative. Medals are awarded to local elected officials based on their achievements in each of the following five goal areas:

Goal I: Start Early, Start Smart: Promoting best practices for nutrition, physical activity, and screen time in early care and education settings.

Goal II: My Plate, Your Place: Prominently displaying MyPlate in all municipal or county venues where food is served.

Goal III: Smart Servings for Students: Expanding access to meal programs before, during and after the school day, and/or over summer months.

Goal IV: Model Food Service: Implementing healthy and sustainable food service guidelines that are aligned with the *Dietary Guidelines for Americans*.

Goal V: Active Kids at Play: Increasing opportunities for physical activity.

NLC is working in partnership with the U.S. Department of Health and Human Services, and with the support of the U.S. Department of Agriculture, the National Association of Counties and other nonprofit organizations, to assist local elected officials who join LMCTC as they implement policy and environmental changes to prevent childhood obesity. The Robert Wood Johnson Foundation has awarded NLC a grant to provide technical assistance to local elected officials working to create healthier communities and prevent childhood obesity, including those participating in LMCTC.

More than 500 cities, towns and counties are participating in LMCTC, and 80 million Americans are now living in LMCTC communities that are dedicated to helping young people eat healthy foods and be physically active. Each month, NLC recognizes local elected officials who achieve key benchmarks for the five LMCTC goals. Since July 2012, NLC has awarded 3,002 bronze, silver, and gold medals to recognize local elected officials across the country for their LMCTC progress.

*****EWCWSS****

Local Forest Heights
Post Customer

PRSWRT STD
ECRWSS
U.S. POSTAGE
PAID

Town Community News (continued)



**Notice: Forest Heights
Residents**
As of May 1, 2016
YARD WASTE will be
picked up on **MONDAY**

Recycling is your opportunity to keep our Town a clean and healthy place to live. It 's easy, saves energy and is good for the environment.

Acceptable Items:

Glass, Food and beverage containers

Metals:

Empty aerosol cans, Aluminum, bimetal, ferrous, and steel food and beverage containers, Aluminum foil, Coat Hangers

Mixed Paper/Corrugated Cardboard:

All paper, Aseptic/gable-top milk and juice cartons, Catalogs, Flat-tened corrugated cardboard (boxes), Frozen food packaging, Hard- and soft-covered books, Kraft paper bags and wrapping paper, Maga- zines, Newspapers with inserts, Paper board (cereal and cracker boxes) Telephone books

Plastics:

Drinks cups/glasses, Flower pots, Narrow-neck containers with code identification, numbers 1 through 7



Only those who dare to fail greatly can ever achieve greatly

Forest Heights Notary

9 am - 4 pm Monday - Friday

Notary is \$2 per document

ADMINISTRATIVE OFFICES

Phone (301) 839-1030 Fax (301) 839-9236

8:30a.m.—5:00 p.m.

www.forestheightsmd.gov

Mayor Jacqueline Goodall—ext. 1223
jacquelinegoodall@msn.com

TOWN COUNCIL

Ward I

C. Lynn Smith-Barnes—ext. 1301
ward1handinhand@aol.com

Robert Barnes —ext. 1303
RBarnes@forestheightsmd.gov

Ward II

Jonathon Kennedy II— ext. 1304
jwkennedy2@yahoo.com

Cynthia Mann— ext. 1305
CMann@forestheightsmd.gov

Ward III

Habeeb-Ullah Muhammad— ext.1300
ward3muhammad@yahoo.com

Brian McLaurin—ext 1302
bmrides@msn.com

ADMINISTRATIVE OFFICES

Vern Haeefe,

Town Administrator— ext. 1234
VHaeefe2010@gmail.com

Bonita Anderson, Town Clerk—ext. 1233
BAnderson@forestheightsmd.gov

Sherletta Hawkins,

Administrative Assistant—ext. 1229
SHawkins@forestheightsmd.gov

Leittia Vaughn, Town Treasurer-ext. 1235
LVaughn@forestheightsmd.gov

Town Planner—ext.1232

LRobinson@forestheightsmd.gov

POLICE DEPARTMENT

(301) 839-4040

Chief of Police Stewart Russell—ext. 1224
srussell@forestheightsmd.gov

Latessa Crawford, Police Clerk—ext. 1225
lcrawford@forestheightsmd.gov

CODE ENFORCEMENT OFC

Rsmith@foresetheightsmd.gov

Eastover District IV Police

(301) 749-4900

COMMUNITY CALENDAR MARCH 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Forest Heights Limitless StarZ Dance 9-noon Theater Spring Camp 1:30- 3:30p.m.
3	4 MAYOR/COUNCIL MEETING 7:30P.M. Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup	5	6 Senior Exercise Classes 12-1p.m.	7 Bulk Trash 3 Items or Less	8	9 Forest Heights Limitless StarZ Dance 9-noon Theater Spring Camp 1:30- 3:30p.m.
10	11 Seminar on Spa Day 1-2p.m.	12	13 Senior Exercise Classes 12-1p.m.	14 Bulk Trash 3 Items or Less	15	16 Forest Heights Limitless StarZ Dance 9-12p.m. Theater Spring Camp 1:30- 3:30p.m.
17 Ward III Resi- dents, but all are welcome. Meeting 2:00p.m.	18 Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup	19	20 MAYOR/COUNCIL WORKSHOP MEETING 8:00P.M. North Huron and CONSTANT YIELD TAX HEARING 7:00 P.M. Senior Exercise Classes 12-1p.m.	21 Bulk Trash 3 Items or Less FH Seminar on Promoting Healthy Eyes 1-2p.m.	22	23 Free Shredding 9-12p.m. Forest Heights Limitless StarZ Dance 9-noon Theater Spring Camp 1:30- 3:30p.m.
24	25 Senior Exercise Classes 12-1p.m. Trash/Recycle Pickup	26	27 Senior Exercise Classes 12-1p.m.	28 Bulk Trash 3 Items or Less Green Team Meet- ing 6:00 p.m.	29 Arbor Day, plant and care for your trees.	30 FOREST HEIGHTS STREAM CLEANUP COME OUT AND HELP 9:00-12

Clean up Week. Dumpster available for Town residents. Residents must show proof of residency by providing either a driver's license or utility bill. The Week of 25-30 of April, 2016 only from 7:00-4:00 pm.

Stay Connected

Town Meetings Now Available Online

Don't miss out on the latest community news, events and projects! Our Town meetings are now available for viewing at [FH Community Video](#), and check us out on [Forest Heights Facebook](#). May we have your email address? The Town is continuing to develop its residential Email list to inform residents of activities, events, and news in and around the Town. Please contact Town Hall 301-839-1030, with your name and email address or send it to: shawkins@forestheightsmd.gov

Prince George's County Department of Social Services

FREE FRESH SEASONAL PRODUCE 4pm-6pm

One distribution per household Please bring your own bags.

Hyattsville—District Office PGCDSS 6505 Belcrest Road, Hyattsville, MD 20782 **January 24 and June 20**

Temple Hills—Iverson Mall (in front of Burlington Coat Factory) 3737 Branch Avenue, Hillcrest Heights, MD 20748

April 18, April 19, May 16, and May 17





\$20.00 Off
Any Service
When You
Present Coupon

\$50.00
Preventive
Maintenance
!!! SPECIAL !!!

About us. . .

- Supreme Comfort Heating and Air Conditioning is a family owned and operated business located in Forest Heights, Maryland.
- We specialize in the service, installation and maintenance of all types of A/C and Heating equipment.
- We have over 20 years experience in the Heating, Ventilation and Air Conditioning (HVAC) field.
- Please call us if you have any problems or questions.
- Like us on  to receive discounts and tips for your HVAC system.
- Refer us to your family and friends and receive \$20.00 OFF of your next service call.

Your Comfort Reigns Supreme